

Nutrition & Physical Activity State Plan
Lewis and Clark City-County Health Department

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Mission: To improve and protect the health of all Lewis and Clark County residents

Activities Relevant to State Plan to Prevent Obesity: Increase physical activity; Increase breastfeeding rates; Reduce screen time; Nutrition education; Support Farm to School policy; Participate in school wellness planning and policies that restrict access to unhealthy foods; Advocate and develop complete streets policy—support and implementation.

Services/Recipients:

- WIC and Maternal and Child Health Home Visiting clients.
- Facilitate Planning for a Healthy Helena Synergy Group (City and County departments, schools, businesses, state agency representatives, employee representatives).
- Cancer prevention education—community members, 4-county coalition, physicians. Education on relation of physical activity, good nutrition and cancer prevention.
- Media Literacy education/Screen Free Week—through the Tobacco Prevention Program.

State Plan Settings: Built Environment; Schools; Social/Cultural Environments; Healthcare (Breastfeeding interventions)

CDC Behaviors:

- Increasing fruit & vegetable consumption by promoting good nutrition and fruit/vegetable consumption through WIC, Nutrition Services, Home Visiting, School policies. Administer the WIC Farmer's Market coupon program.
- Decreasing sugar-sweetened beverage consumption by promotion of good nutrition through WIC/Home Visiting; participating in school wellness planning.
- Decreasing consumption of energy dense foods by participating in school wellness planning.
- Increasing breastfeeding by working to develop collaborative partnership and breastfeeding coalition between the Health Department, St. Peter's Hospital and other community agencies. Home Visiting interventions concentrate on increasing breastfeeding rates amongst clients served. Co-training with hospital on practice and policy that supports decision to breastfeed. Increase number of trained CLCs, IBCLCs in community. Collecting data on breastfeeding rates at community level, in WIC and Home Visiting participants. Free loan of hospital-grade breast pumps to eligible individuals. Support St. Peter's in planning to become baby-friendly hospital.
- Increasing physical activity through facilitation of cross-sector group working on passage of Complete Streets policy for the city. Advocacy and promotion of complete streets planning at community level. Promotion of active transportation at worksites, schools and in the community. Focus on increasing capacity in this area. Development of newsletter on healthy planning issues in our community.
- Decreasing screen time through planning Screen Free week throughout school district, with earned media planned, as well as proclamations signed by the Mayor and County Commission. Ongoing education about intentional/educated viewing through incorporation of media literacy curriculum throughout the school district K-12 in Helena. Facilitating screen free week in school district through school librarians.

Gaps and Concerns: More support at local level, where policies developed and implemented—this takes staff time, developing expertise and relationships in the intervention area. More local level data needed.